

I Claim:

1. A stable dietary supplement composition containing herbal ingredients selected from a group consisting of *Spica Prunella flos*, *Chrysanthemi flos*, *Lonicera Japonica*, *Radix Notoginseng*, *Cleistocalyx Operculatis*, *Lentinus Edodes*, and *Sophora Japonica*.
2. The dietary supplement composition of Claim 1, wherein *Cleistocalyx Operculatis* and *Lentinus Edodes* are accessed by distilling and extracting.
3. The dietary supplement composition of Claim 1, wherein *Spica Prunella* is accessed by extracting.
4. The dietary supplement composition of Claim 1, wherein the active ingredients comprise about 18.75%wt each *Spica Prunella flos* and *Chrysanthemi flos*, about 15% wt of *Lonicera Japonica*, about 12.5% wt each of *Radix Notoginseng* and *Cleistocalyx Operculatis*, and about 11.25%wt each of *Lentinus Edodes* and *Sophora Japonica*.
5. The dietary supplement composition of Claim 1, wherein said supplement is a tablet with binding agents containing at least cellulose, magnesium stearate and dextrose.
6. The dietary supplement composition of Claim 1, wherein said supplement is a capsule with a binding agent containing rice flour.
7. The dietary supplement composition of Claim 1, wherein the composition comprises a tablet or capsule.
8. A stable dietary supplement composition for decreasing and maintaining normal blood pressure in humans comprising as active ingredients about 18.75%wt each *Spica Prunella flos* and *Chrysanthemi flos*, about 15% wt of *Lonicera Japonica*, about 12.5% wt each of *Radix Notoginseng* and *Cleistocalyx Operculatis*, and about 11.25%wt each of *Lentinus Edodes* and
5 *Sophora Japonica*.

9. The dietary supplement composition of Claim 8, wherein said supplement is a tablet with binding agents containing at least cellulose, magnesium stearate and dextrose.

10. The dietary supplement composition of Claim 8, wherein said supplement is a capsule with a binding agent containing rice flour.

11. A stable dietary supplement composition for lowering high blood pressure, the composition containing an effective amount of active ingredients selected from a group consisting of *Spica Prunella flos*, *Chrysanthemi flos*, *Lonicera Japonica*, *Radix Notoginseng*, *Cleistocalyx Operculatis*, *Lentinus Edodes*, and *Sophora Japonica*, and where said composition is
5 a tablet or capsule containing binding agents.

12. The composition of Claim 11, wherein said composition comprises about 18.75%wt each *Spica Prunella flos* and *Chrysanthemi flos*, about 15% wt of *Lonicera Japonica*, about 12.5% wt each of *Radix Notoginseng* and *Cleistocalyx Operculatis*, and about 11.25%wt each of *Lentinus Edodes* and *Sophora Japonica*.

13. A method of reducing blood pressure levels in humans, comprising the daily administration to a human of a composition containing as active ingredients *Spica Prunella flos*, *Chrysanthemi flos*, *Lonicera Japonica*, *Radix Notoginseng*, *Cleistocalyx Operculatis*, *Lentinus Edodes*, and *Sophora Japonica*.

14. The method of Claim 13, wherein said composition comprises about 18.75%wt each *Spica Prunella flos* and *Chrysanthemi flos*, about 15% wt of *Lonicera Japonica*, about 12.5% wt each of *Radix Notoginseng* and *Cleistocalyx Operculatis*, and about 11.25%wt each of *Lentinus Edodes* and *Sophora Japonica*.

15. A dietary supplement in tablet form, comprising about 18.75%wt each *Spica Prunella flos* and *Chrysanthemi flos*, about 15% wt of *Lonicera Japonica*, about 12.5% wt each of *Radix*

Notoginseng and Cleistocalyx Operculatis, and about 11.25%wt each of Lentinus Edodes and Sophora Japonica.

16. The supplement of Claim 15, further comprising binding agents containing cellulose, magnesium stearate and dextrose.

17. A dietary supplement in capsule form, comprising about 18.75%wt each Spica Prunella flos and Chrysanthemi flos, about 15% wt of Lonicera Japonica, about 12.5% wt each of Radix Notoginseng and Cleistocalyx Operculatis, and about 11.25%wt each of Lentinus Edodes and Sophora Japonica and further comprising rice flour as a binding agent.